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Software Engineering - B

MyDiary - Your AI-Powered Therapy Journal

Problem Statement

The problem of	limited access to mental health support and self-expression
affects	individuals who struggle with their emotional well-being or need a safe space to document their thoughts.
The impact of which	is that users may feel isolated, lack proper guidance, or be unable to connect with professional therapists.
A successful solution would be	an AI-powered therapy journal web app that allows users to write daily diaries, choose to share them (with admin moderation), connect with therapists for sessions, and provide feedback, fostering a supportive and accessible mental health platform.

User Stories

User Story #1

Story ID: Story Title:

User Story: Importance:

As a user, I want to chat with an AI assistant to record my journal entries so that I can express my thoughts easily.

Estimate:

Acceptance Criteria:

Given that I am logged in,**when** I open the AI assistant chat, **then** I should be able to type my journal entry.

Given that I am logged in,**when** I submit my entry, **then it should be stored securely in my journal.**

Types

User Story #2

Story ID: Story Title:

User Story: Importance:

As a user, I want my journal entries to be automatically saved so that I don't lose my progress.

Estimate:

Acceptance Criteria:

Given that I am writing in my journal, **when** I stop typing for 5 seconds, **then** my progress should be auto-saved.

Given that I allow AI to write my journal, **when** the AI generates the journal entry, **then** my progress should be auto-saved.

Types

User Story #3

Story ID: Story Title:

User Story: Importance:

As a user, I want my mood to be analyzed from my journal so that I can track emotional trends.

Estimate:

Acceptance Criteria:

Given that I write a journal entry **and** check my mood history, **when** I submit the entry, **then** the AI should analyze and assign a mood label, **and** my past mood labels should be visible.

Types

User Story #4

Story ID: Story Title:

User Story: Importance:

As a user, I want to see a graphical representation of
my moods over time so that I can understand
patterns.

                                             Estimate:

Acceptance Criteria:
                                             Types

Given that I have multiple journal entries, **when** I navigate to
the "Mood Trends" section, **then** I should see a graph
displaying my mood variations over time.

User Story #5

Story ID: Story Title:

User Story: Importance:

As a user, I want to search past journal entries based
on specific emotions so that I can reflect on similar
experiences.

                                             Estimate:

Acceptance Criteria:

                                             Types

Given that I enter a mood keyword, **when** I search, **then** I
should see journal entries associated with that emotion.

User Story #6

Story ID: Story Title:

User Story: Importance:

As a user, I want to export my journal entries as a PDF so that I can keep an offline backup

Estimate:

Acceptance Criteria:

Given that I select journal entries, **when** I click "Export as PDF," **then** a downloadable PDF file should be generated.

Types

User Story #7

Story ID: Story Title:

User Story: Importance:

As a user, I want to view therapist profiles and availability so that I can choose a therapist.

Estimate:

Acceptance Criteria:

Given that I navigate to the therapist section, **when** I search for help, **then** I should see relevant therapist profiles and their available time slots.

Types

User Story #8

Story ID:		Story Title:	
User Story:		**Importance:**	
As a user, I want to book an appointment with a therapist so that I can receive professional help.		**Estimate:**	
Acceptance Criteria:		**Types**	
Given that I select a therapist, **when** I choose a time slot and confirm the booking, **then** the appointment should be scheduled in my account.			

User Story #9

Story ID:		Story Title:	
User Story:		**Importance:**	
As a user, I want to write blog posts about mental health awareness so that I can share experiences with others.		**Estimate:**	
Acceptance Criteria:		**Types**	
Given that I navigate to the blog section, **when** I write and submit a post, **then** it should be stored in "Pending" status until approved by an admin.			

User Story #10

Story ID:		Story Title:
User Story:		**Importance:**
As a user, I don't want my journals to be visible to others so that my privacy is protected.		
		Estimate:
Acceptance Criteria:		**Types**
Given that I log into my account, **when** I access my journal section, **then** only I can have access to my journals.		

User Story #11

Story ID:		Story Title:
User Story:		**Importance:**
As a user, I want the AI to summarize my journal entries weekly so that I can get a quick overview.		
		Estimate:
Acceptance Criteria:		**Types**
Given that I have journal entries from the past week, **when** I check my summary section, **then** I should see an AI-generated summary of my journal.		

User Story #12

Story ID:	Story Title:

User Story:

As a user, I want to receive daily emails to write in my journal so that I am reminded to journal.

Importance:

Estimate:

Acceptance Criteria:

Given that I have reminders enabled, **when** the scheduled time arrives, **then** I should receive an email.

Types

User Story #13

Story ID:	Story Title:

User Story:

As a user, I can give feedback to therapists so that I can improve their services.

Importance:

Estimate:

Acceptance Criteria:

Given that I have attended a session, **when** I navigate to the therapist's profile, **then** I should see an option to rate and leave feedback.

Types

User Story #14

Story ID: Story Title:

User Story: Importance:

As a user, I want to delete or edit my past journal
entries so that I can correct mistakes or remove
unwanted entries.

Estimate:

Acceptance Criteria:

Types

Given that I have written journal entries, **when** I select an
entry, **then** I should see an option to edit or delete it.

User Story #15

Story ID: Story Title:

User Story: Importance:

As a user, I want a journaling streak tracker to
motivate consistent writing so that I can build a
journaling habit.

Estimate:

Acceptance Criteria:

Types

Given that I write journal entries on consecutive days, **when** I
check my profile, **then** I should see a streak counter displaying
my writing streak.

User Story #16

Story ID: Story Title:

User Story: Importance:

As a user, I can write my own journal also without
chatting with AI so that I have a choice in how I
journal.

Estimate:

Acceptance Criteria:

Given that I open my journal, **when** I choose "Write manually,"
then I should be able to type and save my entry without AI
assistance.

Types

User Story #17

Story ID: Story Title:

User Story: Importance:

As a user, I want to attach images to my journal
entries for richer expression so that I can visually
represent my feelings.

Estimate:

Acceptance Criteria:

Given that I am writing a journal entry, **when** I click "Attach
Image," **then** I should be able to upload an image.

Types

User Story #18

Story ID: Story Title:

User Story: Importance:

As an admin, I want to verify blog posts before they go
public so that the content remains appropriate.

Estimate:

Acceptance Criteria:

Types

Given that a user submits a blog post, **when** I review it, **then** I
should have the option to approve or reject it.

User Story #19

Story ID: Story Title:

User Story: Importance:

As an admin, I want to verify therapist accounts so
that only qualified professionals are listed.

Estimate:

Acceptance Criteria:

Types

Given that that a therapist registers, **when** I review their
credentials, **then** I should be able to approve or reject their
account.

User Story #20

Story ID: Story Title:

User Story: Importance:

As an admin, I want to delete user accounts or
therapist accounts so that I can manage platform
users.

Estimate:

Acceptance Criteria:

Types

Given that I navigate to the admin panel, **when** I search for a
user or therapist, **then** I should see an option to delete their
account.

User Story #21

Story ID: Story Title:

User Story: Importance:

As an admin, I want to generate reports on platform
usage trends to improve the app.

Estimate:

Acceptance Criteria:

Types

Given that I access the analytics section, **when** I select a date
range, **then** I should see a generated report on user activity.

User Story #22

Story ID:		Story Title:
User Story:		**Importance:**
As a therapist, I want to manage my appointments with users so that I can organize my schedule.		
		Estimate:
Acceptance Criteria:		
Given that I log in as a therapist, **when** I navigate to my schedule, **then** I should be able to accept, decline, or reschedule appointments.		**Types**

User Story #23

Story ID:		Story Title:
User Story:		**Importance:**
As a therapist, I want to create a profile displaying my expertise and availability so that users can find me.		
		Estimate:
Acceptance Criteria:		
Given that I am logged in as a therapist, **when** I visit my profile, **then** I should see fields to update my specialization, description, and availability		**Types**

User Story #24

Story ID:	Story Title:
User Story:	**Importance:**

As a therapist, I want to receive emails about new appointment requests so that I can respond promptly.

Estimate:

Acceptance Criteria:

Given that a user books an appointment with me, **when** the booking is confirmed, **then** I should receive an email notification.

Types

User Story #25

Story ID:	Story Title:
User Story:	**Importance:**

As a therapist, I want to mark appointment slots as unavailable if needed so that I can control my schedule.

Estimate:

Acceptance Criteria:

Given that I access my calendar, **when** I select a time slot, **then** I should be able to mark it as unavailable.

Types

Team Agreement

1. Communication Guidelines

Primary Communication Channels

- **Google Docs** for sharing formal updates, documents, and reports.
- **Phone Calls** for urgent discussions that require immediate attention.
- **Discord** for team coordination, detailed discussions, and brainstorming.
- **WhatsApp (Text Messages)** for urgent notifications when other channels are unavailable.

Response Time Expectations

- **Phone Calls**: If available, answer immediately; return missed calls within **2 hours**.
- **Discord (Live Chat)**: Expected to respond in real-time during discussions.
- **WhatsApp Messages**: Should be responded to as soon as possible for urgent matters.

2. Meeting Protocol

Regular Meeting Schedule

- **Weekdays (Monday - Thursday)**: In-person meetings at **12:30 AM**.
- **Weekends (Saturday & Sunday)**: Virtual meetings at **9:00 PM** via **Google Meet**.
- **Emergency Meetings**: Can be scheduled if a critical issue arises.

Attendance Expectations

- Attendance is **mandatory** unless prior notice is provided.
- If unable to attend, the member must inform the team in advance and review meeting notes afterward.

Meeting Structure & Preparation

- **Meeting Format**: Conducted in-person or on **Google Meet**.
- **Meeting Minutes**: Maintained by the **Scrum Master**.
- **Agenda**: Shared at least **2 hours before** the meeting.
- **Preparation**:
    - Review previous meeting notes.
    - Complete assigned tasks.
    - Conduct any necessary research before the discussion.

3. Version Control & Code Management

Version Control System

- **GitHub** will be used for managing code versions and collaboration.

Commit & Code Review Guidelines

- **Commit Messages**: Must be clear and descriptive (e.g., "Added login authentication").
- **Commit Frequency**: Small, incremental commits are preferred over large changes.
- **File Management**:

  1. Do **not** commit unnecessary files (e.g., `.env`, build artifacts).

  2. Follow structured branching (e.g., feature branches merged into `main` or `develop` after review).

4. Task Allocation & Workflow

Task Distribution

- Work is assigned based on **expertise, availability, and team discussion**.
- The **Scrum Master/Product Owner** facilitates assignments, but all members have a say in decisions.

Project Management & Tracking

- **Trello** will be used to manage tasks and track progress.
- **Stakeholders & Roles**:
  1. **Development Team: Syed Muhammad Raza Moosvi**

     Responsible for coding, testing, and implementation.

  2. **Product Owner: Hafiza Iqra Zulfiqar**

     Ensures that priorities align with project objectives.

  3. **Scrum Master: Hafiza Iqra Zulfiqar**

     Facilitates workflow and communication within the team.

4. **Scrum Team:**
   Syed Muhammad Raza Moosvi
   Hafiza Iqra Zulfiqar

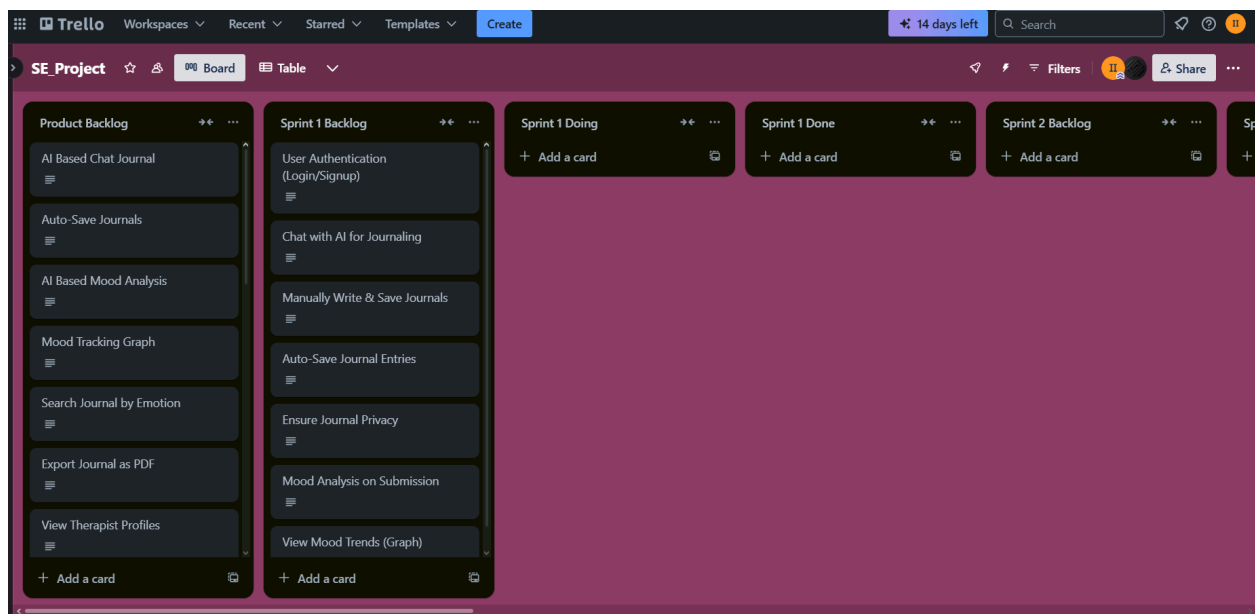# 5. Submission & Quality Assurance

Submission Guidelines

- Hafiza Iqra Zulfiqar will handle **final submission**.
- All submissions must go through a peer review process before finalization.
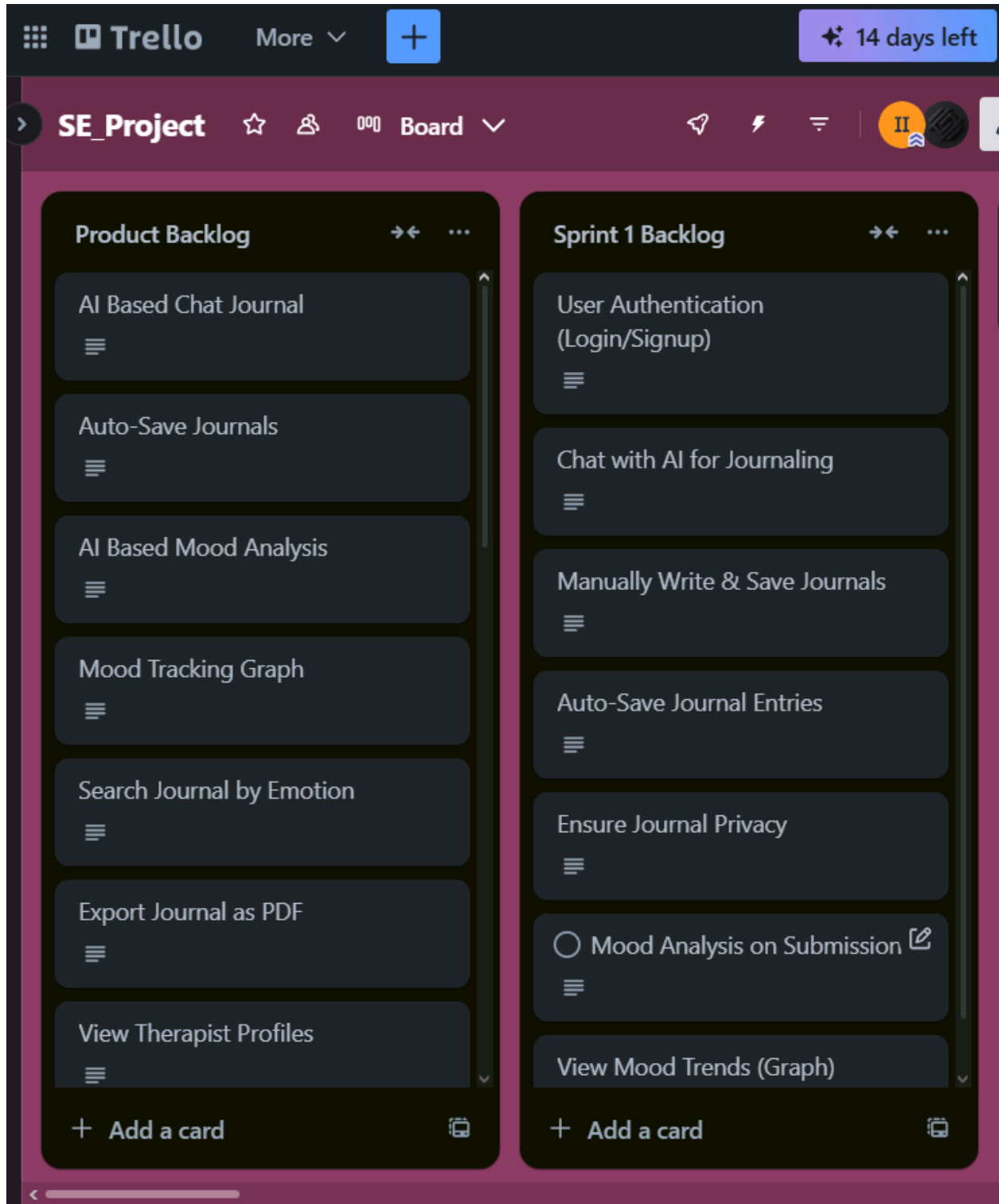
6. Contingency Planning
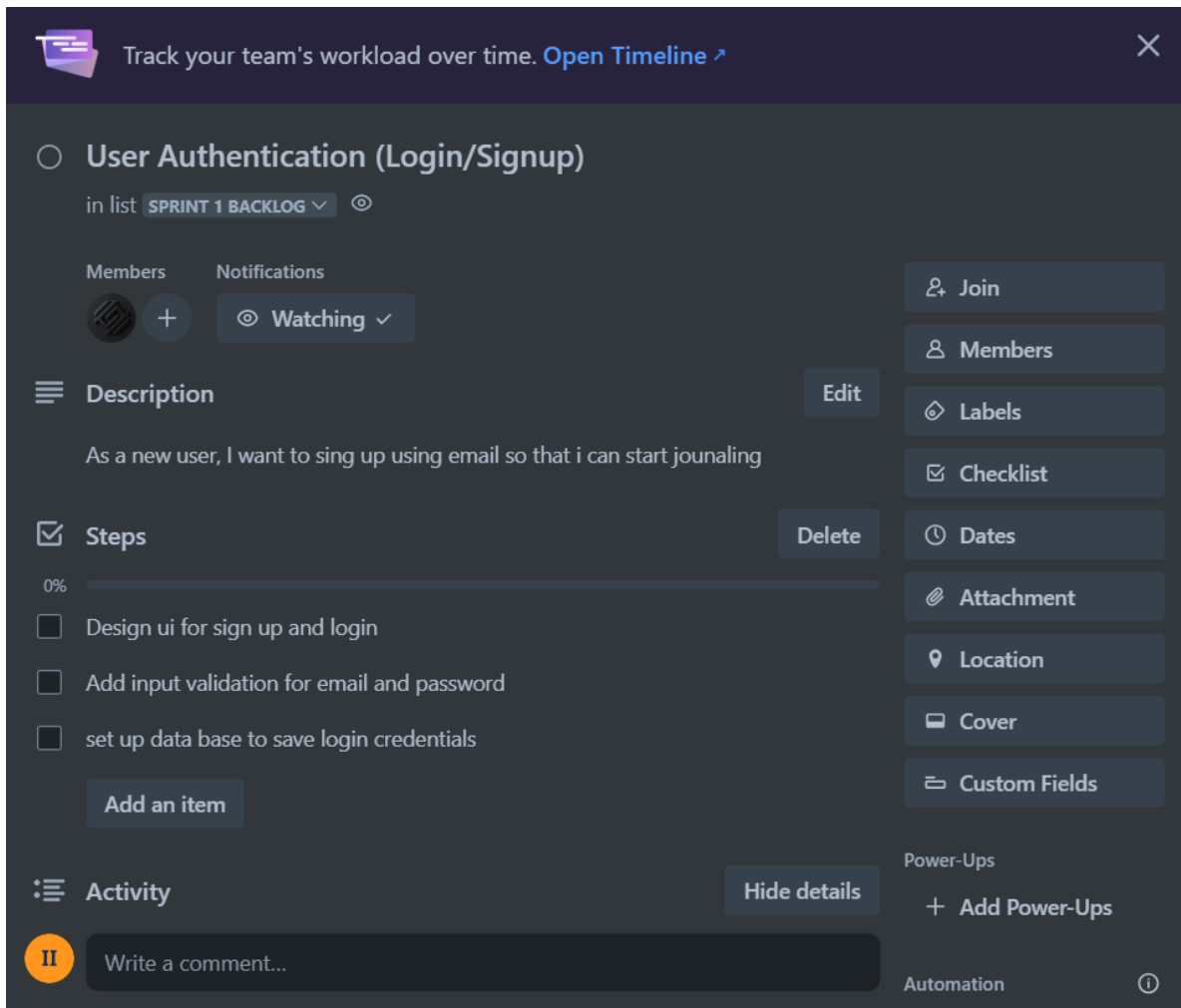
Handling Unexpected Situations

- **If a team member leaves the project**: Remaining tasks will be redistributed. If necessary, additional resources will be sought.
- **If a member consistently misses meetings**: A discussion will be held to understand the issue and find a resolution.
- **If academic dishonesty occurs**: The matter will be escalated to the appropriate authority, and any contributions from the involved member may be removed.

Trello Screenshots

Github Link

https://github.com/iqra028/AI-Powered-Therapy-Journal